


Norwalk Senior Center
14040 San Antonio Drive
Norwalk, CA 90650
(562) 929-5580
Nutrition Program
(562) 929-5645

Oldtimers Foundation

September 2013

Lunch Menu

Norwalk Social Services
11929 Alondra Blvd
Norwalk, CA 90270
(562) 929-5544
Nutrition Program
(562) 929-5504

Mon	Tue	Wed	Thu	Fri
2. CLOSED Labor Day! 	3. Spaghetti & Meatballs Peas & Carrots Green Salad Dinner Roll, Orange Milk	4. BBQ Chicken Fresh Sweet Potato Spinach Salad Corn Bread, Apple Juice, 2 Oatmeal Cookies Milk	5. Steak Picado Season Sliced Beets Mashed Potatoes Whole Grain Bread, Banana Milk	6. Manhattan-Glazed Chicken Breast Parsley Buttered Carrots Mixed Green Salad, Orange Juice Brown Rice Pilaf Tapioca Pudding, Milk
9. BBQ Pork Riblet Mixed Vegetables Herbed Brown Rice Green Salad, Fresh Pear Orange juice, Milk	10. Citrus Thyme Roasted Chicken Buttery Cauliflower Green Beans, Sliced Peaches Whole Grain Bread, Milk	11. Hot Roast Beef Sandwich Tomato Soup, Baked Potato Carrot Raisin Salad Banana, Milk	12. Taco Salad Fresh Pinto Beans, Lettuce, Tomato, & Cilantro Chocolate Pudding Apple Juice & Milk	13. Lemon & Herbed Tilapia or Baked Chicken Egg Noodles with Parsley Carrot Coins, Harvard Beets Orange, Milk
16. Hamburger Steak w/ Onion Gravy Mashed Potatoes, Fresh Apple Whole Grain Bread Seasoned Zucchini, Milk	17. Sweet & Sour Pork Buttery Corn Spinach Salad Steamed Brown Rice Fresh Pear, Milk	18. Chicken Breast w/ Gravy Broccoli Seasoned Sliced Beets Whole Grain Bread Cantaloupe, Milk	19. Beef Stew w/Peas & Onions Seasoned Green Beans Mixed Green Salad, Corn Bread Oatmeal Cookies, Orange juice Milk	20. Glazed Teriyaki Chicken California Blend, Green Peas Brown Butter & Sage Rice Pineapple Tidbits, Milk
23. Sautéed Basa Fish w/ Tomato Sauce Mixed Vegetables Tossed Green Salad, Orange Whole Grain Bread, Milk	24. Crispy Chicken Mashed Potatoes Seasoned Green Beans Whole Grain Bread Tropical Fruit Cocktail, Milk	25. Chile Verde Pork Pinto Beans, Season Spinach Spanish Rice, Grape Juice Strawberry Glazed Pound Cake Milk	26. Chile Beans w/ Turkey Parsley Cauliflower Carrot Raisin Salad Cornbread, Banana Milk	27. Beef Lasagna or Vegetable Lasagna Seasoned Broccoli Mixed Green Salad, Buttered Apples Whole Grain Bread, Milk
30. Chicken Breast a la King Buttery Corn, Yellow Squash Steamed Brown Rice Orange Juice Vanilla Pudding, Milk			PROGRAM SPONSORED IN PART BY LOS ANGELES COUNTY AREA AGENCY ON AGING IF YOU SHOULD HAVE ANY QUESTIONS PLEASE CONTACT LAURA SANTOYO (323) 582-6090 EXT 223	